

EXHIBIT 304

Vaping 101 For Elementary Schools

What to know and
what to do





Have you seen these devices at
your school?

Six Points for Staff

1. Vaping's "hot", e-cigs are not.

Vapes can deliver cannabis, nicotine, or just flavored juice whereas e-cigs deliver only

2. Vape devices can be hard to detect.

Some are shaped like thumb drives, fountain pens, or battery chargers.

3. Vape manufacturers target our students.

Flavors entice. 52% of 12th graders think vaping is "just flavoring."

From "How to prevent teens from getting hooked on e-cigarettes, and 5 Vaping facts you need to know by Joseph Blaha, MD, MPH, Department of Medicine website, 2019.

Six Points for Teachers

4. Many teens don't think that vaping is harmful.

As of 10/29/19: 37 deaths.

[CDC Deaths due to vaping](#)

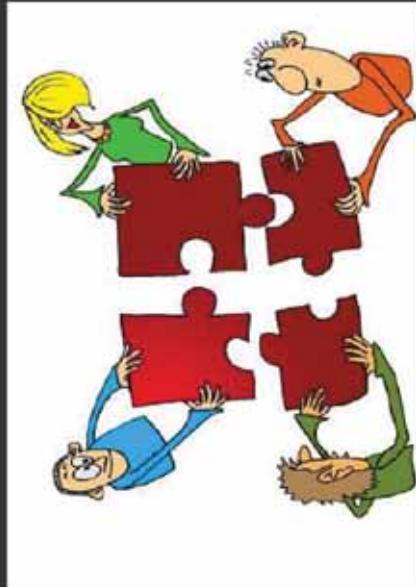
5. Marijuana odor can be masked.

Mask: fruity, sugary flavors. If a student vapes at school, you don't know what's inside the reservoir.

6. School-wide practices work.

Admin, Faculty, Student & Parent Leaders can harness support by School Counselors, Dean, Wellness Centers.

From "Here's what you need to know about vaping." by Anne Rubin. [School Leaders Now. January 17, 2018.](#)



**- Substance use,
including
vaping, is not
One
department's
job.**

Prevent, Prevent, Prevent.

Minimal preparation or class time...

A little more prep and/or classroom time...

- Hang Posters
- Vaping Demo (using hairspray)
- Healthy and Unhealt hy Lung Demo
- Clem's Phlegm/Tar Ja
- Classroom session(s) about vaping using prepared lesson plan
- YOW presentation
- Grade-level assembly



“Would You Prevent
a Child From Smoki
ng?”

What would work
for you?
Think-Pair-Share.
Commit & Implement.

1

What if I
see or
suspect
vaping?
3 Scenarios



Scenario A: Paraphernalia

If you see a student with anything that's associated with vaping:

Explain that item is not conducive to learning

Attempt to confiscate paraphernalia: give to counselor or admin

If student refuses, notify counselor or admin

Counselor follows school protocol for substance use

Counselor refers student to Wellness/Nurse

– Scenario B: Under the influence and unable to do classwork

Speak 1:1 to student about concerns and that you're offering site-based support
Have student removed from class
Admin or counselor follows school protocol
Teacher writes Wellness online (or paper) referral

Scenario C: Suspect UI but does classwork

Speak 1:1 to student about your concern and that you're offering site-based support
Teacher writes Wellness online (or paper) referral
Teacher can also confer with School Counselor &/or other teachers re: suspicion

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**Short, Sweet,
Toxic.**

**Real California Teens Talk about
Vaping**

**Today in NYT: Juul-alikes are
filling shelves with sweet, teen-
friendly nicotine flavors**



Think Pair Share

→ **Role Playing**

Pair up. Pick a scenario A, B or C. Role play teacher & student. How did that feel?

→ **Consultations?**

These encounters are awkward at best. Consult with colleagues. If you're a newer teacher, who would you go to? If you're a veteran teacher, who could you support?

Resources and References

Stanford Medicine: Tobacco Prevention Toolkit [includes vaping].

[Vapes & Pod-Based Lessons](#)

Videos <https://tobaccofreeca.com/resources/>

Article by Anne Rubin in School Leaders Now, 2018

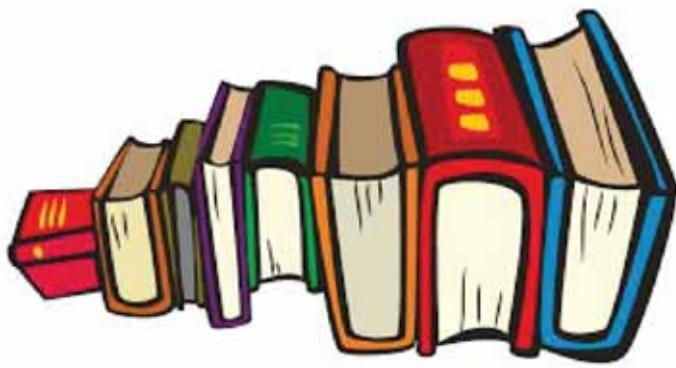
[Vaping and E-Cigs: Here's What Educators Need to Know](#)

Reviewed by Michael J. Blaha, MD, MPH, Johns Hopkins Medicine website, 2019

[5 Vaping Facts You Need to Know](#)

Food & Drug Administration link: order free materials re: vaping

[Vaping Posters and Other Educational Materials from FDA](#)



For questions about SFUSD's district tobacco and drug policies contact Quarry Pak, Pakq@sfusd.edu

For questions about SFUSD's health curricula. contact Karen Tiu.



Tar Jar: Cigarette

If you smoked 10 cigarettes a day
year

Tar is what turns lungs black

Tar and other chemicals

Short term: yellow teeth, bad breath, smelly hair

Long term: early wrinkles, impotence,
emphysema (lung disease), cancer of various parts
of the body (not just lungs)

Tar Jar: Cigars and Cannabis

Cigar: anything wrapped in a tobacco leaf

Cigars have more tar than cigarettes and higher concentration of toxins

Cannabis has 4 times more tar than cigarettes

Cannabis has many of the same toxins and carcinogens as tobacco

Because cannabis smoke is held in the lungs _____
longer, there is increased exposure in the

17



Clem's Phlegm: Ci

Phlegm is that stuff you cough up
chest cold

You also cough this stuff up when
disease

A disease associated with smoking is COPD (chronic
obstructive pulmonary disease)

The amount in this jar is how much you cough up in
TWO WEEKS if you have COPD

Clem's Phlegm: Cigars and Cannabis

Yes, you can have phlegm smoking cigars or cannabis

It can also cause chronic bronchitis (inflammation/swelling of airways), wheezing, and chronic coughing

The smoke damages the lining of the lungs and the lungs respond by making phlegm



Vaping Demo

The vapor cloud is NOT a water cloud

Again, it is NOT WATER. The vapor is chemicals, just like the hairspray

Lung damage? YES

Flavors designed to hook youth

Flavors contain cancer causing chemicals

Vaping Demo: Cannabis

The vapor has chemicals in it. It is NOT WATER

There is no regulation around the processing of cannabis to be used in vaporizers, so the type and amount of chemicals can vary

Giant Cig

Chemicals in smoke are on the

Remember FLAB:

Formaldehyde (used in embalming bodies)

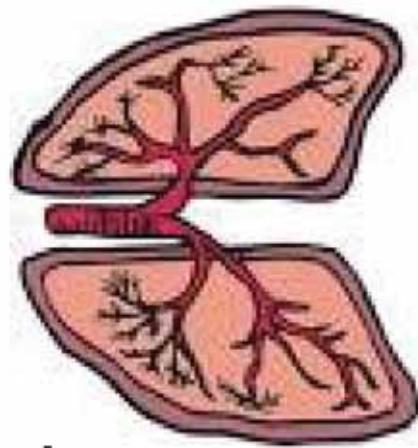
Lead (think about Flint)

Arsenic (used in rat poison)

Benzene (found in oil and used to make plastic)

NICOTINE





Lungs: Overview

Yes, they are real lungs

They are about the same size as a 140lb human

The lungs were obtained from a slaughterhouse
(nobody was forced to smoke cigarettes)

Lungs: Cigarettes

Healthy lung: good color, easily expandable

Diseased Lung: tumors, gross color, doesn't expand easily

Resembles lung of a person who smoked 1 pack/day for 20 years

Lungs: Cigars and Cannabis

Both cigars and cannabis can cause lung damage similar to cigarettes

They also cause other damage similar to cigarettes, such as breathing problems

Cigars are also directly linked to cancer